

Impact of Sleep Disorders on *Work Productivity*



1

Quality

Poor sleep, regardless of underlying cause, has been shown to be associated with 5.5% or greater loss of productivity. This is seen in multiple areas of work including reduced attention, working memory, higher level decision making, and ell impaired visuomotor performance.

2

Injuries

Those experiencing sleep disorders are at increased risk of workplace injuries. The impact of these injuries' ranges from \$1.3 million in obstructive sleep apnea to \$2.3 million related to insomnia injuries.

3

Attendance

Individuals suffering with sleep disorders such as obstructive sleep apnea, insomnia, and restless leg syndrome, showed an increased likelihood of unemployment as well as absenteeism from work averaging five, four, and seven days respectively.

4

Financial strain

The financial impact of sleep disorders is multifaceted including financial impact of early mortality, absenteeism, and reduced work force. Over one year span sleep disorders were associated with \$7.6 billion of loss.

5

Overall wellbeing

Improved sleep quality is associated with overall workplace and occupation satisfaction. Those experiencing adequate sleep quality have a subjective increased well-being and positive thought of daily life.

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